

# Senior Tales

**The Newsletter of Twin Pines**

**August & September 2008**

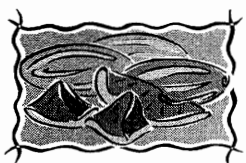


*The Senior Connection*

**TWIN PINES  
SENIOR AND  
COMMUNITY CENTER**

**20 TWIN PINES LANE  
BELMONT CA 94002  
(650) 595-7444**

**The Twin Pines Senior and Community, located in  
beautifully wooded Twin Pines Park provides a  
variety of programs and services to the community.  
There is no membership fee and all are welcome.  
Join us!**



# August 2008 Events Calendar



## Friday, August 1

9:30 Chair Yoga  
10:30 Pool  
1:00 BINGO  
1:00 Mah Jong

## Monday, August 4

9:30 Chess  
9:30 Video Exercise  
11:30 Lunch Program  
12:30 Manipulation  
2:00 Chair Dancing

## Tuesday, August 5

9:30 Walking Group  
10:00 Senior Club/AARP Meeting  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, August 6

9:30 Video Exercise  
10:00 National Geographic Film  
10:00 Spanish Group  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - 21  
12:30 Pinochle & Hearts  
7:00 Dance

## Thursday, August 7

9:00 Canasta  
9:30 Walking Group  
11:30 Lunch Program  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, August 8

9:30 Chair Yoga  
10:30 Pool  
11:30 AARP Munch A Bunch  
1:00 Canasta

## Monday, August 11

9:30 Video Exercise  
11:30 Lunch Program  
12:30 Manipulation  
2:00 Chair Dancing

## Tuesday, August 12

9:30 Walking Group  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, August 13

9:30 Video Exercise  
10:00 Spanish Group  
10:00 National Geographic Film  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - Fool's Gold  
12:30 Pinochle & Hearts

## Thursday, August 14

9:00 Canasta  
9:30 Walking Group  
11:30 Lunch  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, August 15

9:00 Blood Pressure  
9:30 Chair Yoga  
10:00 Senior Club/AARP Meeting  
10:30 Pool  
1:00 BINGO  
1:00 Mah Jong

## Monday, August 18

9:30 Video Exercise  
9:30 Chess  
11:30 Lunch Program  
12:30 Manipulation  
2:00 Chair Dancing

## Tuesday, August 19

9:30 Walking Group  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, August 20

9:30 Video Exercise  
10:00 Spanish Group  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - The Bank Job  
12:30 Pinochle & Hearts

## Thursday, August 21

9:00 Canasta  
9:30 Walking Group  
11:30 Lunch  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, August 22

9:30 Chair Yoga  
10:30 Pool  
1:00 Canasta

## Monday, August 25

9:30 Video Exercise  
10:00 Stamp Group  
11:30 Lunch Program  
12:00 Geocaching  
12:30 Manipulation  
1:00 Book Group  
2:00 Chair Dancing

## Tuesday, August 26

9:30 Walking Group  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, August 27

9:30 Video Exercise  
10:00 Spanish Group  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - Bonneville  
12:30 Pinochle & Hearts

## Thursday, August 28

9:00 Canasta  
9:30 Walking Group  
11:30 Lunch  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

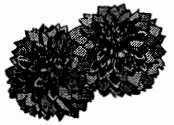
## Friday, August 29

9:30 Chair Yoga  
10:30 Pool  
1:00 BINGO





# September 2008 Events Calendar



## Monday, September 1

**Closed for the Holiday**

## Tuesday, September 2

9:30 Walking Group  
10:00 Senior Club/AARP Meeting  
11:00 Homeowners Renters Assistance  
11:30 Lunch Program  
12:15 Low-Key BINGO  
12:30 Needle Craft

## Wednesday, September 3

9:30 Video Exercise  
10:00 Spanish Group  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - to be Announced  
12:30 Pinochle & Hearts  
7:00pm Dance

## Thursday, September 4

9:00 Canasta  
9:30 Walking Group  
11:30 Lunch  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, September 5

9:30 Chair Yoga  
10:30 Pool  
1:00 BINGO  
1:00 Mah Jong

## Monday, September 8

9:30 Video Exercise  
11:30 Lunch Program  
12:00 Geocaching  
12:00 Story of Painting  
12:30 Manipulation  
2:00 Chair Dancing

## Tuesday, September 9

9:30 Walking Group  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, September 10

9:30 Video Exercise  
10:00 Disaster Prep.  
10:00 Spanish Group  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - to be Announced  
12:30 Pinochle & Hearts  
3:00 Tai Chi

## Thursday, September 11

9:00 Canasta  
9:30 Walking Group  
10:00 Help at Home  
11:30 Lunch Program  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, September 12

9:30 Chair Yoga  
10:00 Virtual Bowling  
10:30 Pool  
1:00 Canasta

## Monday, September 15

9:30 Video Exercise  
9:30 Chess Group  
11:30 Lunch Program  
12:00 Story of Painting  
12:15 Variety  
12:30 Manipulation  
1:00 Watercolor  
2:00 Chair Dancing

## Tuesday, September 16

9:00 Blood Pressure Screening  
9:30 Walking Group  
10:00 Senior Club/AARP Meeting  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, September 17

9:30 Video Exercise  
10:00 Spanish Group  
10:00 Welcome Coffee  
10:00 Musical Moments  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie to be Announced  
12:30 Pinochle & Hearts  
3:00 Tai Chi

## Thursday, September 18

9:00 Canasta  
9:30 Walking Group  
11:30 Lunch  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, September 19

9:30 Chair Yoga  
10:30 Pool  
1:00 BINGO  
1:00 Mah Jong

## Monday, September 22

9:30 Video Exercise  
10:00 Stamp Group  
11:30 Lunch Program  
12:00 Story of Painting  
12:30 Manipulation  
1:00 Book Group  
1:00 French Group  
1:00 Watercolor  
2:00 Chair Dancing

## Tuesday, September 23

9:30 Walking Group  
11:30 Lunch Program  
12:30 Needle Craft

## Wednesday, September 24

9:30 Video Exercise  
10:00 Spanish Group  
10:00 Musical Moments  
11:30 Lunch Program  
12:00 English Group  
12:15 Movie - to be Announced  
12:30 Pinochle & Hearts  
3:00 Tai Chi

## Thursday, September 25

9:00 Canasta  
9:00 55 Alive  
9:30 Walking Group  
11:30 Lunch  
12:15 Poker-Low Key  
12:15 Scrabble/Games  
12:30 Bridge  
1:00 Porcelain Doll Making

## Friday, September 26

9:00 55 Alive  
9:30 Chair Yoga  
10:30 Pool  
1:00 Canasta

## Monday, September 29

9:30 Video Exercise  
11:30 Lunch Program  
12:00 Story of Painting  
12:30 Manipulation  
1:00 Watercolor  
2:00 Chair Dancing

## Tuesday, September 30

9:30 Walking Group  
11:30 Lunch Program  
12:30 Needle Craft



# Health Services

## **Blood Pressure Screening**

Free blood pressure screenings will be held the third Tuesday of every month, from 9:00 am - 10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

## **Need Help? Call TIES**

(Team Work Insuring Elder Support)

The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour TIES line number: 1(800)675-8437.

## **HOUSING MODIFICATIONS**

The Center for Independence of the Disabled (CID) provides:

### **ACCESSIBILITY MODIFICATIONS**

**If You Need:**

- \*Handrails
- \*Grab Bars
- \*Wheelchair Ramps

This service is available at low or no cost. Service fees are charged on a sliding scale according to income and ability to pay. Phone 595-0783 for information.

## **Meals on Wheels**

Meals on wheels provides meals to people living at home who are unable to prepare their own meals, and who have little or no assistance to obtain adequate meals. Meals on Wheels can be provided temporarily during short-term convalescence or long-term disability. Meals are delivered between 11:00am. or 1:00pm. Monday through Friday. Call 650/295-2173 for more information.

## **The Vial of Life**

During a medical emergency, a small plastic vial containing a slip of paper could save your life. More than 40,000 seniors in San Mateo and Santa Clara counties keep "The Vial of Life" in their refrigerators for just such emergencies. The vial contains a sheet of paper listing medications the victim is taking or any health issues they have. Emergency medical technicians are trained to check for a special sticker on the refrigerator, which lets them know to look in the refrigerator for the vial. "The Vial of Life" kits are available at the Information & Referral office on Thursdays, 9am-5pm. For more information call Joan Santana at 595-7444.

## **Talk with a Counselor**

Having trouble coping with change? Feeling stressed or unhappy? Support is near! Beth Meyers is available to talk with individuals who might be lonely, recently widowed, stressed over life changes, or have a health or family problem. She can meet with you at the Twin Pines Senior & Community Center or refer you to other free support services. Call Beth at 355-8787 for a free confidential appointment.

## **HELP FOR THOSE WITH HEARING LOSS**

Hearing loss is the largest disability in America. There are simple devices that can help and they are available for you to try. You will be amazed at the difference they will make in your hearing! Come to the SHHH meeting to try them!

The Redwood City Library and SHHH (Self Help for Hard of Hearing People) host a monthly meeting the first Wednesday of each month at 10:30am in the Main Library conference room located upstairs. Phone Raegene Castle at 650/369-4717 for more information. Or email [raegeneandjack@aol.com](mailto:raegeneandjack@aol.com)



## Club Activities

The Twin Pines Senior and Community Center has clubs that hold their meetings at the Center. This page contains information on these clubs and activities they sponsor.

### CLUBS

#### **Belmont Senior Club Meeting August 5th & 19th September 2nd and 16th**

The Belmont Senior Club meets the 1st and 3rd Tuesday of each month. Meetings begin at 10:00 am at the Twin Pines Senior and Community Center, 20 Twin Pines Lane. Guest speakers, videos, and entertainment have been part of past meetings. For more information on scheduling activities and how to become a club member, come to a club meeting as a guest.

#### **Belmont AARP Chapter #3046 Joint meeting with Belmont Senior Club August 5th, 19th, September 2nd & 19th**

AARP Chapter #3046 holds monthly periodic meetings on the second Tuesday of each month. Meetings begin at 10:00 am and have featured a wide selection of speakers and current senior topics. All meetings are held at the Twin Pines Senior and Community Center, 20 Twin Pines Lane.

### **Widows and Widowers**

This group meets the fourth Wednesday of each month at the Twin Pines Senior and Community Center. Typical meetings feature live entertainment, guest speakers, dinners and socialization. Contact Nancy at 368-6200, Joyce at 349-1807 or Bob at 593-9461 for membership information.

### **Whist & Cribbage**

Do you like fun and games? Want to get together for a friendly game of Whist or Cribbage? If so, please phone 650/595-7444 or stop by our receptionist desk and place your name on an interest list. We are hoping to have these games played at Twin Pines on a regular basis.



### **BINGO Tuesday BINGO**

Join Bingo enthusiasts for a special afternoon of low-key Bingo on Tuesdays following the Belmont Senior Club and AARP meetings. Bingo begins at approximately 12:15 and all are welcome.

### **Friday BINGO August 1st, 15th & 29th September 5th & 19th**

Sponsored by the Belmont Senior Club, BINGO is scheduled for Friday, September 18th at the Twin Pines Senior and Community Center. Regular Bingo along with a Blackout game will be featured. Games begin at 1:00. Everyone is invited to participate in BINGO.

### **Trips & Tours**

The Belmont Senior Club and Belmont Chapter #3046 AARP have a variety of Trips and Tours available. For information on upcoming trips contact the BSC Reno: Leta Land (593-5861) or Lu Krueger (593-2930) BSC Day Trips: (345-6885) and AARP Trips: Agnes Harman (348-0517).

**AARP** is seeking volunteers for its Tax-Aide program. The program offers free income tax preparation services to low and moderate-income taxpayers, with special attention to those ages 60 or older. Volunteers receive training in basic income tax preparation, with classes beginning in early January. If interested, further details may be obtained by contacting Helen Crisman, Tax-Aide State Coordinator, at (650) 591-4284.

## Important Information

### TELEVISED CITY COUNCIL MEETINGS

You can now see Belmont City Council meetings from the comfort of your own home. Meetings are held on the second and fourth Tuesday of each month at 7:30 p.m. Belmont residents can watch the meetings on Channel 27. Now you can "stay tuned" to what's happening in Belmont.

### Senior Center Without Walls

Senior Center Without Walls offers activities, Friendly conversation, and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. You can participate from the comfort of your own home through telephone conference calls, and it's free!

No charge is added to your phone bills. The groups are completely free. Phone 1-877-797-7299 for more information.

### Enrich your life while helping others...

Do you enjoy meeting people? Want to make a difference in someone's life? Then consider being a volunteer at the Twin Pines Senior & Community Center. Volunteer opportunities include: receptionist, lunch program and class leaders. Topics of interest could be: learning how to line dance, play bridge, explore music, computers, art and much more. **Phone 595-7444** to find out how to get started in this fun and rewarding opportunity.

### At the Movies Movies Every Wednesday

The Twin Pines Senior and Community Center will feature a variety of movies this month. The movies will begin at 12:15. Admission is FREE. ALL ARE WELCOME. On September 28th we will be showing a Historical Belmont presentation from 12:00-12:20. National Treasure will begin at 12:30pm.



### Books on Tape

We have received a donation of books on tape. A listing of the tapes can be found in our library. If you would like to check out any of the titles, do so at the front desk.

### The Twin Pines Senior & Community Center Will be Closed Labor Day

**Monday September 1st.**

### Welcome Coffee

**Wednesday, September 17th - 10:00am**

A Welcome Coffee will be held on **Wednesday, September 17th at 10:00am**. Information on the services, classes, clubs and special events offered at the Twin Pines Senior & Community Center will be presented. Have you been meaning to come down and find out what is available at Twin Pines? This is the perfect opportunity to get all the information you need. You are sure to find out about activities you will want to participate in. **Phone 595-7444 for reservations.**

## **Programs Available To You**

### **COMMUNITY**

### **INFORMATION**

#### **BOARD**

We have a Community Information Board. This board will post flyers from non-profit community groups listing upcoming events. It is also available for individuals wishing to place ads such as "Help Wanted" or "For Sale". Please contact staff regarding use of the board. Items can be posted for one month. Please note that the Twin Pines Senior and Community Center does not screen persons advertising on the board and assumes no liability.

### **Belmont Senior Citizens Advisory Committee**

**Meeting Tuesday,  
September 23rd**

The Belmont Senior Citizens Advisory Committee will be meeting at 4:00 p.m. on Tuesday, September 23rd in the Twin Pines Senior and Community Center. This committee meets every other month to discuss a variety of issues that impact the senior population at the center. Guest are welcome to attend.

### **Homeowners or Renters Credit R.S.V.P./AARP**

Tax Aid Volunteers will be at our Center on Tuesday morning September 2 and October 7 & 21. This consultation is by appointment only. Please bring your Federal & State Tax return for 2007 plus proof of disability or age (must be 62 or older). Homeowners must also bring the Property Tax Statement for 2007-2008. Renters must provide their landlord's name, address, and telephone number. Call 650/595-7444 after September 15 to make your appointment

### **Lunch Program**

Come gather with friends, old and new and enjoy lunch at the Twin Pines Senior & Community Center. Healthy lunches are served Monday through Thursday at 11:30. There is a suggested contribution of \$3.00 for those aged 60 and over. For adults under age 60 there is a fee of \$6.00. The lunch program is co-sponsored with the County of San Mateo. A monthly menu is available at the Twin Pines Senior and Community Center. Come have lunch with us....you'll be glad you did.

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### **Reasons for Volunteering**

- To make a Difference
- To Help Others
- To Get to Know the Community
- To Make New Friends
- To Keep Skills Alive
- To Keep Busy
- To Be Part of a Team
- To Feel Needed
- To Feel Proud
- To Share a Skill
- For Recognition
- For FUN!

What ever your reason, and we may have missed it, think about joining our committed and friendly volunteer team at the Twin Pines Senior & Community Center. Call Annie at 637-2976 for inquiries or to get started.



# Local Senior Services



## Telephone Assistance

Your telephone is a social connection, your link to family and friends, even a lifeline when you need help. If using the telephone has become difficult, Pacific Bell has FREE programs and services to assist you. For example, do you have difficulty hearing conversations on the phone and hearing the phone ring? A FREE amplified telephone is available that increases the volume, with a loud ringer or a flashing device that indicates the phone is ringing. Services are available for those who are hard of hearing, speech impaired, have low vision, limited mobility and cognitive limitations. Phone 1-800-806-1191.

## Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center the second and fourth Thursday of each month, 9:00 am to 12:00 noon. For an appointment call 1-800-434-0222.



## NEW HELP AT HOME BOOKS

We have the new 2008-2009 Help at Home books, available in the Information and Referral Office. This directory is a mini-reference guide to assist San Mateo County adults of all incomes to remain in their homes. You will find information on:

Adult Day Centers	Hospice
Grocery Shopping	Lifeline
Support Groups	Home Care
Home Health Agencies	Hospitals
Home Delivered Meals	Transportation-Specialized
Aging and Adult Services	Senior Centers/Dinning Centers

Please stop by the Information and Referral office on Thursday if you would like a free copy of Help at Home.

## PROJECT SENTINEL Homeowners Assistance

PROJECT SENTINEL, a non-profit HUD certified counseling agency, provides free information, advice, and technical assistance for:

- Homeowners who are having difficulty making their monthly mortgage payments or who are behind in their mortgage payments.
- Homeowners and lenders to help avoid foreclosure through payment plans, forbearance agreements, or pre-foreclosure programs.
- First-time homebuyers prepurchase and household budget counseling. For free and confidential assistance, call 1-888-331-3332 (toll free).

## Important News and Information

### Your Strongest Weapon to Fight Health Care Fraud...1-800-HHS-TIPS (1-800-447-8477)

Every year, millions of dollars are lost to health care fraud. Everyone can play a role in putting an end to this by calling the Health and Human Services Confidential Tip Line: 1-800-HHS-TIPS. Please call Monday through Friday, 9 am to 8pm, anytime you believe you have information about fraud. You do not have to give your name to make a real difference.

## Help Your Community

The Center for Independence of the Disabled needs volunteers to help people in the City of Belmont in these two programs:

SASH serves people who are unable to leave their homes or unable to lift or carry groceries. Some people have diminished sight or a physical challenge and cannot lift heavy objects.

VIMM volunteers are trained to help individuals with basic money management; including help sorting and paying bills and organizing a simple bookkeeping system.

Please give your time - Your efforts WILL be appreciated.

Please Contact me at (650) 595-0783, X117, and leave a message with your name, address and phone number. Sally Pierotti, VIMM/SASH Coordinator, Center for Independence of the Disabled.



## **This and That**

### **Volunteers**

These are very special people. They give of their time and talents so that we can enjoy all the great benefits of our Senior Center. If you haven't been a volunteer, try it, I guarantee you will like it. The satisfaction you will feel from working with & helping others is unbelievable. If you can't volunteer please take time to thank those who do. They need to know how appreciated they are. The Center Staff

### **Beginning Computer Classes**

Beginning Computer Class This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. FREE! Class size is limited, and all beginning computer classes usually fill fast. Phone (650) 595-7444 to place your name and phone number on a waiting list. You will be notified when there is an available opening.

### **Internet class**

We're offering you a class designed to help you learn how to use the internet. You will learn the skills needed to search for information, 'surf the web'. Please call 595-7444 to sign up for our internet class.

### **LIBRARY NEWS**

The staff would like to Thank you for your past donations of books to our library. Due to a limit in space and to the generous donations we are not taking any more bulk donations.

If you have 1 or 2 popular books in good condition that is fine.

Thank you for your cooperation in keeping our library as neat & organized as possible  
**HAPPY READING!**

### **Safe Medication Disposal**

Did you know that disposing of prescription drugs is hazardous to the environment? Toilet flushed drugs are harming our fish and amphibians. Any prescription medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment and join in the drug drop off program.

### **Braille and Talking Book Library**

Did you know that books, magazines and newspapers are available . Free of charge to those with vision limitations? These materials are available on cassette tape and are sent directly to your door from the Braille and Talking Book Library. Applications for this service are available at the Twin Pines Senior & Community Center.



# Programs Available To You This Fall

## *Lifelong Leisure*

**NEW!**

### *Twin Pines Travelers DAYTRIPS*

These trips are a wonderful opportunity to explore the Bay Area, and enjoy the company of others. Trips will leave and return to Twin Pines Park.

#### **APPLE PIES AND PINE TREES**

We're off to Placerville to visit Apple Hill in El Dorado County. **Friday, October 24.**

#### **ACADEMY OF SCIENCES**

This trip will visit the **NEW** Academy of Sciences when it **re-opens in November.**

#### **HOLIDAY LIGHTS AT ROARING CAMP**

We will journey by train from Scotts Valley to the Santa Cruz Beach Boardwalk. **Friday December 12.**

**For times and more information, please call 595-7444 or visit [www.belmont.gov](http://www.belmont.gov), 'Parks and Recreation', 'online registration'.**

**#4709.301 – Apple Hill**

**#4710.301 – Academy of Sciences**

**#4711.301 – Holiday Lights  
at Roaring Camp**

### **Writer's Workshop**

What do you enjoy writing? Is it short stories, memoirs, or poetry? We are forming a Writer's Workshop and invite you to join. Each session you will have the opportunity to read your material. Group members will provide helpful critiques which will motivate you to continue your passion for writing. Call 595-7444 and leave us your name and phone number. We will let you know just as soon as we can gather all you writers together!

### **Homeowners & Renters Credit Tax Rebate**

Tax Aide Volunteers from AARP/RSVP will be at our center **various Tuesday mornings per month now through October 21st.** Volunteers will assist blind, disabled and senior citizens in preparing the California Homeowners or Renters Assistance forms. Please bring your Federal & State tax returns for 2007, proof of disability or age (must be 62 or older). Homeowners must bring their Property Tax Statement for 2007-2008. Renters must provide their landlord's name, address, and telephone number. Call 595-7444 to make your appointment.

## **The Twin Pines Senior & Community Center Presents...**

### *Dance Night - "For the Love of Music"*

**Wednesday Evenings**

**August 6th • September 3rd • October 1st**

**7:00 to 9:30pm**

**Easy Dancing and Easy Listening;**

**Music by 'The Casuals' band**

**\$6.00 Admission**

**No Reservations or Partner needed!**



# Programs Available To You This Fall

## Introduction to Geocaching-

August 25 & September 8  
12:00 noon

Young and old alike can enjoy this modern-day game of "hide and seek". Geocaching is the fastest growing hobby in the world. Got your curiosity? Come learn what it is all about on Mondays, **August 25 & September 8 at 12:00 noon.** After each class, we will look for some hidden "caches" in Twin Pines Park. **FREE!** Phone 595-7444 to register.

## Emergency Preparedness

Wednesday, September 10  
10:00am

Join us for a **FREE** workshop which will instruct you on how to prepare for a disaster, how to set up a support network and how to keep track of your medications and important information. You will not only walk away with information to help keep you safe in an emergency, but you will also take home a **FREE** disaster kit! Presented by the Center for Independence of the Disabled. Phone 595-7444 to reserve your seat.

## Tai Chi (7 Classes)

**NEW**

AGE: Adult

FEE: \$45 Resident, \$54 Non-resident

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Chi Ping Peng

Tai Chi is an ancient martial art exercise known for being low impact. Its qualities include improving balance and sharpening the ability to concentrate while gently stretching the body. Movements will be taught by the venerated Master Peng, who will share his secret to youthfulness and health.

5210.301	W	3-3:45pm	9/10-10/22
5210.302	W	3-3:45pm	11/5-12/17

## The Story of Painting

September 8 - October 6  
12:00 noon

Join Sister Wendy Beckett on an incomparable journey through art and history in this critically acclaimed BBC series. From Early Art through the Renaissance to Modernism, this unforgettable series will take you on an astonishing journey of art history. This five part series will be shown **Mondays, September 8 - October 6, starting at 12 noon.**

## Help At Home

Thursday, September 11  
10:00-11:00am

The Center for Independence of the Disabled will talk on a wide range of services available to seniors. Housing modifications, independent living skills, money management programs, peer counseling and support groups are among the programs available to you at little or no cost. Don't miss this **free** and informative talk. Please call 595-7444 to register.



## Musical Moments (10 Classes)

AGE: Adult

FEE: \$30 Payable to instructor at first class

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Tina Baird

This class will explore how music relates to the world and how music relates to itself in historical perspective. Investigate the world of music with musician Tina Baird; a variety of media will be used to explore different types of music. This class is offered in cooperation with Sequoia Adult Education. **Registration fee is paid at the first class.**

W	10-11:30am	9/17-11/19
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# Programs Available To You This Fall

## French Group

September 22, 1:00pm

We are forming a French group which will provide you with the opportunity to meet new people and converse in French. Join us for an organizational meeting to decide how to set up the group, choose a group leader and plan activities. Please phone 595-7444 to reserve your space.

## Stamp Collectors

Every 4th Monday, 10:00am

Calling all stamp collectors or those interested in starting a collection! Come swap information, ideas, and stamps. For more information call Rich Coleman at 341-7978. Not a stamp collector, but have stamps at home? Donations of stamps, whether washed or still on the envelope are appreciated. New faces are welcome anytime. No fee or reservations needed.

## Spanish Group

Wednesdays, 10:00am

Do you speak Spanish? Come meet new friends and keep your Spanish fluent. Drop in anytime, no registration needed. **FREE.**

## Porcelain Doll Making

Thursdays, 1:00pm-3:00pm

You can make a precious porcelain doll! Volunteer instructor Carmela Santino will guide you through the fun process of creating your special doll. There are many sizes and types of dolls to choose from. The instruction is free, and all materials to complete your doll may be purchased from the instructor. Join the class at any time!

## Chair Yoga

Fridays, 9:30am

Sit comfortably in your chair; listen to pleasant music while following a video with stretching, strengthening, breathing and relaxation techniques adapted from the ancient yoga. Reduce your stress and increase your focus. Class meets on Fridays, at 9:30am. No reservations needed. **FREE!**

## Chaucer's Saucer Book Group

Every 4th Monday, 1:00pm

Join our local Belmont librarian in reading and discussing books and authors selected by book group members. Copies of the designated book are provided by the Belmont Library. Meetings are held at 1:00pm on the 4th Monday of each month. There is no fee and all readers are welcome. Call (650) 595-7444 for questions.

## Walk in the Park

Tuesdays & Thursdays, 9:30am

Do you like to walk and enjoy the company of others? Join us for an informal walk, at your own pace, in Twin Pines Park. We meet at the Senior Center to start with some warm up exercises and continue for a nice walk through Belmont's beautifully wooded park. Reservations not needed.

## English Group

Wednesdays, 12noon

Is English your second language? Would you like to feel more confident speaking English? We now offer a **FREE** English Group just for you. Come improve your English in a relaxed, informal setting with volunteer group leader Dave Karlin. Please phone 595-7444 to reserve your space.

## Pool Lessons

Fridays, 10:30 – 11:30am

Have you always wanted to play pool – but didn't know how to get started? A beginning level pool class is available at the Twin Pines Senior & Community Center. Volunteer, Harold Wertenberg will help you learn the basic rules of pool and offer tips as you play in a relaxed and recreational atmosphere. **FREE.** Reservations are not needed.



# Programs Available To You This Fall

## 55 Alive Mature Driving

September 25th & 26th  
9am - 1:30pm

The popular AARP 55 Alive Mature Driving class will be held at Twin Pines on **Thursday & Friday, September 25th & 26th, 9am - 1:30pm**. There is a **\$10 fee** for the class, which is paid at the first session. Refresh your knowledge of the rules of the road and receive a discount on your auto insurance. To reserve a space, phone 595-7444.

## Fun With Knitting

October 10 & 24th  
10am - noon

Learn to knit with novelty yarns like eyelash, fun fur, boa and ribbon yarns. There are so many types and colors you can use. Bring your favorite yarn and knitting needles and we'll show you how to make a scarf. **Class will be held on Fridays, October 10 and 24th from 10:00am-12:00noon. \$5 fee paid at first class.** Phone 595-7444 to register.

## Chair Dancing through the Decades

Mondays  
2:00pm

Chair Dancing is a fun and convenient way to get exercise, tone muscles, improve flexibility and burn calories. The exercises are done seated, watching a video and enjoying music that was popular through the decades. Class will be held at **2:00pm on Monday afternoons. FREE!** Please phone 595-7444 to register.

**NEW**

## Wii Virtual Bowling

September 12  
10:00am

Come join Health Net in a Wii Nintendo Virtual Bowling Tournament! Come play, watch, eat, and have a good time! Wii Sports have made bowling tournaments possible in senior/community centers across the country. Prizes, food, games. What more could you ask for? **FREE.** Phone 595-7444 to register.

## Wreath Making

10am-noon

Welcome your friends and neighbors into your home with a beautiful wreath, hand crafted by you! You will use a variety of materials to create a custom-made wreath you will be proud to hang on your front door. No experience necessary. Classes will be held on Thursdays, from 10:00am-12:00noon. There is a \$10 fee for supplies, payable to the instructor at the class. Please bring any special ribbons or decorations you have to include in your wreath. Phone 595-7444 to reserve your space.

**November 6 - Harvest Wreath**  
**December 4 - Holiday Wreath**

## Genealogy Class

Saturday, October 4th  
10:30am - noon

This one day class will instruct you on how to study your family's history, what information you need and the resources available to you. Resource Librarian, Teri Titus will teach this class in the computer lab at the Belmont Library. Bring as many facts (names, dates, etc.) that you know. You will also need your library card and if you want to save your findings bring a 3.5" floppy disc or a USB drive (thumb drive, jump drive, etc.). Beginners in Genealogy are welcome and encouraged! For a guaranteed spot for this **FREE** class phone 595-7444 to register. Space is limited to 16.

# Programs Available To You This Fall

## Get in the Game...

It's your turn to play!

There is a game for everyone at Twin Pines.

Games are played on a drop in basis, no registration is needed so come when you can and join the fun!

## Manipulation

**Mondays, 12:30- 4:30pm**

Beginners and experienced players are welcome to join in this easy to learn card game.

## Pinochle

**Wednesdays, 12:30 - 3:30pm**

## Mah Jong

**First & Third Fridays, 1:00p.m.**

Call Bev Beck for more information at 595-4654.

## Hearts

**Wednesdays, 12:30 - 3:30pm**

A fun, classic game.

## Scrabble, Yahtzee & Dominos

**Thursdays, 12:15-2:00pm**

## Poker

**Thursdays, 12:15pm**

All games are played in a low key and friendly setting. Poker chips and cards are provided.

*"I enjoy coming to the Center, ... and have made many new friends. No one is ever excluded from games and everyone's willing to help teach newcomers."* **Bev Beck**

**NEW**

## Watercolor Workshop

**Mondays, 1-2:30pm**

**starting September 17**

Painting for pleasure is even more fun in the company of others! Gather your paints, brushes and supplies and come to our new Watercolor Workshop. Join us as we share painting techniques in a supportive & social setting. Painters of all levels welcome. **FREE.** It will be held on **Monday afternoons from 1:00-2:30, beginning September 17.** Please phone 595-7444 to register.



## Bridge

**Thursdays, 12:30 - 3:30pm**

Call Steve at 591-4740 to get started at a table.

## Bingo

**First & Third Friday, 1:00pm**

Sponsored by the Belmont Senior Club. A low key bingo is played on **Tuesdays at 12:15**, following club meetings.

## Canasta

**Thursdays, 9:30 - 11:30am**

Experienced players and those who want to learn how to play this fun and easy game are welcome.

## Chess

Come learn basic skills or new strategies. Please phone 595-7444 to find out how you can get started in this fun, new group which meets on the **1st and 3rd Monday of the month 9:30-11:00am.**

# Programs Available To You This Fall

## REBUILDING TOGETHER

Rebuilding Together, is dedicated to repairing and renovating the homes and community centers of low-income, elderly and disabled persons so that they live in warmth, safety and independence. Our applicants are low-income, elderly or disabled persons or community centers in the Mid-Peninsula.

Repairs and renovations differ from house to house and facility to facility, depending on the need and available resources. The types of repairs traditionally include: Painting, Electrical, Roof Repairs, General Clean Up, Yard Work and Minor Installation.

Applications are available at the Twin Pines Front Desk and must be submitted to Rebuilding Together by October 15, 2008. Volunteers will repair homes at NO COST to the recipient on National Rebuilding Day, April 25, 2009. Phone 366-6597 if you have any questions.

## BELMONT SENIOR CITIZENS ADVISORY COMMITTEE



The Belmont Senior Citizens Advisory Committee currently has an open seat. The person filling this vacancy should reside in either the Homeview, Sterling Downs or Harbor neighborhood association.

The committee meets six times a year to act on issues and ideas that affect the Twin Pines Senior & Community Center.

If you enjoy Senior Citizens and would like to help in this capacity, please contact Recreation Supervisor Cheri Handley at 595-7444.

## Programs Available To You

**BOOKS** & limited DVD's are available in our complimentary loan library.

**COMPUTERS** with internet access, are available.

**POOL** players are welcome to use our lovely pool table. Drop in.

**A CRAFT Group** meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

**MOVIES** are shown every Wednesday at 12:15pm. The movies are **FREE**. Check your Senior Tales Newsletter or phone (650) 595-7444 for the featured presentation.

## Flu Clinic

**Thursday, October 30**  
**9:00-11:30 am**

A Flu Clinic will be held at the Twin Pines Senior & Community Center on **October 30th from 9:00-11:30am**. The vaccines will be administered by the San Mateo County Health Department and the Visiting Nurses Association. This clinic is available only to senior citizens aged 60 and older. **There is a fee of \$5.00** for the vaccine. **No appointment needed** for this vital service.